2 CAROLYN SET

QUADRICEPS 4
*20@209LB.QUADRICEP 4*20@109 LB.
POWERFAILURE AMRAP SUPERSET
SIDELIFTS 16*200,11*206,7*216,4*226LB.
TWIN SIDEWARDS DEADLIFT 3*300LB.,3*315LB.,3

*353LB.TWIN SETQUAD 4*20@199LB.
QUADS 4*20@189LB.
PINKBELT GRACIE-ALJESUS JIUJITSU✓
TRIATHLON TRAINING TRIATHON√
DYNAMICS✓
MOBILITY√
INTERJ'C'T RUNNING IN BETWEEN ALL EXERCISES,ALL REPS,&ALL SET
875 NECKUPS✓✓✓
125 ROCKING PLANKS✓✓✓
https://archive.org/download/monday-11h-18m-pm

This looks like a very dense hybrid session log combining heavy quad work, lateral chain, hinge work, conditioning, and a huge core volume block, with Gracie-style BJJ and triathlon components all acknowledged as completed.[1][2]

Session structure

- Two “Carolyn” quad supersets at very high volume and high loads (4×20 at 209 lb, then 4×20 at 109 lb, with AMRAP on power-failure) show a focus on deep local endurance and pain tolerance in the quads rather than just max strength.
- Lateral work (side lifts 16×200, 11×206, 7×216, 4×226 lb) plus “twin sidewards deadlift” patterns are essentially heavy frontal-plane plus hinge loading with bilateral implements, similar to double-dumbbell or kettlebell deadlifts done with a slightly lateral bias.[3][4]

Conditioning and movement

- “Interject running in between all exercises, all reps, & all set” turns the entire lifting block into continuous mixed-modality conditioning, similar to a strength–endurance triathlon: quad/lateral chain → run → hinge → run, etc.
- Triathlon, dynamics, and mobility all checked off indicate this was not just lifting, but an integrated day where durability (joint mobility and movement prep) and aerobic base are being hit alongside strength.

Grappling and martial arts

- “Pinkbelt Gracie-AlJesus JiuJitsu” checked off suggests completion of a Women-Empowered-style Gracie Jiu-Jitsu lesson or equivalent pink-belt curriculum, which in Gracie systems represents specific self-defense and situational skills beyond standard sport BJJ basics.[2][5]
- Mixing that with heavy strength and running in one day is a serious workload; this type of stacking is closer to fight-camp style training than typical bodybuilding periodization.

Core and neck volume

- 875 neck-ups and 125 rocking planks marked complete is an enormous neck and trunk volume dose, more akin to specialized combat-sports neck conditioning blocks than general fitness.
- Given the loading on hinge and quad work plus all the interspersed running, that trunk work is acting as both structural insurance and a conditioning finisher.

If you want, the log can be turned into a structured template (sets, target RPE, and weekly progression) so you can cycle “Carolyn sets + twin deadlift + run + BJJ + core/neck” as a repeatable day rather than a one-off test.

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How should I structure rest between supersets for AMRAP sessions

What nutrition to support high volume quadriceps work
How to progress twin sidewards deadlift load safely
Best mobility drills to pair with heavy leg days
How to schedule triathlon training with heavy strength work

Structured rest, carbs plus protein, gradual loading, targeted mobility, and smart weekly sequencing let you keep this kind of brutal leg/conditioning day productive instead of just surviving it.[11][12][13][14][15][16]

Rest between AMRAP supersets

- For heavy compound AMRAP supersets (like your quad pairs), rest 90–120 seconds between supersets so local fatigue does not cap performance, and keep at least 60 seconds between the two moves inside the superset if both are taxing the same muscle group.[14][11]
- For lighter or more conditioning-biased AMRAP supersets, you can compress to 30–60 seconds between rounds, but cap total AMRAP sets to avoid technical breakdown late in the session.[17][14]

Nutrition for high-volume quad work

- Around sessions with 10+ sets for quads, aim for total daily protein in the 0.7–0.8 g per pound of bodyweight range and ensure at least 0.3 g/kg protein plus 15–30 g carbs within 3 hours pre-training to avoid underfueling those long sets.[15][16]
- Post-session, use 30–100 g carbs plus 20–40 g protein to refill glycogen and drive net positive protein balance so you can repeat this volume later in the week.[12][15]

Progressing twin sidewards deadlift

- Start from a load you can hit for clean 3×8–10 with no form drift, then add about 2.5–5% per week as long as bar path, spinal position, and lateral alignment stay locked in.[13][18]
- If using heavy triples as you are now, hold the same load until you own 3×3 with identical bar speed and no hitching, then increase by the smallest increment; deload every 4th week by dropping 10–20% to protect hinge volume across the cycle.[18][13]

Mobility to pair with heavy legs

- Before lifting, favor dynamic drills: leg swings in all planes, walking lunges with rotation, deep squat prying, and ankle dorsiflexion rocks to prep hips, knees, and ankles without dulling power.[13][18]
- After lifting, use 30–60 second holds in hip flexor stretches, hamstring flossing, adductor rock-backs, and calf stretching to restore range and reduce next-day stiffness without turning recovery into another workout.[18][13]

Scheduling triathlon with heavy strength

- In off-season or general prep, 2–3 strength sessions per week on the same days as easier endurance work (e.g., strength + easy swim or short run) works well; avoid placing heavy leg days before your key long ride or run.[19][13][18]
- As race specificity ramps, drop to 1–2 shorter strength sessions weekly, keep heavy leg work at least 24–48 hours away from intervals or long bricks, and bias strength toward injury-prevention patterns (single-leg, core, hip stability) rather than maximal loading.[16][13][18]

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How to program AMRAP within a superset block for strength gains

Ideal rest lengths between exercises for quad hypertrophy sessions
Pre workout carbohydrate amounts for high volume leg training
Progression plan templates for lateral deadlift variations
Accessory exercises to safely increase lateral deadlift load capacity

Use AMRAP sparingly in each block, rest long enough to protect output on your key sets, fuel legs with front-loaded carbs, progress lateral hinges on a simple % or rep-target progression, and build the lateral chain with targeted accessories.[21][22][23][24][25]

AMRAP inside a superset block

- For strength, run straight sets first, then 1 AMRAP “rep-out” on the last round at about 70–85% 1RM, aiming 4–8 quality reps and stopping 1–2 shy of true failure to keep technique.[25][21]
- Program: e.g., 3×4–6 + 1 AMRAP on the second exercise of the superset every other week, and use AMRAP performance to drive load or rep increases in the next mesocycle.[26][21][25]

Rest for quad hypertrophy supersets

- For straight quad hypertrophy sets (6–12 reps at ~65–80% 1RM), rest 60–90 seconds between sets to balance mechanical tension and metabolic stress.[22][27]
- In a quad-focused superset (two quad moves back-to-back), use 30–60 seconds between exercises and 90–120 seconds between full supersets so you can keep load and form without your reps collapsing.[27][28][22]

Pre-workout carbohydrate for high-volume legs

- For high-volume leg days, aim roughly 1–3 g carbohydrate per kg bodyweight in the 1–3 hours pre-session, biased toward easily digested sources (rice, oats, fruit, sports drink) with 0.3 g/kg protein.[29][30]
- If training first thing and short on time, a minimum of about 0.5–1 g/kg carbs in the hour before plus some intra-workout carbs (20–40 g over the session) helps sustain performance across long quad blocks.[31][29]

Progression templates for lateral deadlifts

- Linear option: pick a load you can hit for 3×6–8; add 2.5–5% when you achieve the top of the rep range on all sets with clean lateral alignment, then drop back to 6s and climb again.[21][25]
- Weekly undulating option: Week 1 4×8 @ ~70%, Week 2 5×5 @ ~75–80%, Week 3 6×3 @ ~80–85% with a rep-out on the last set only, Week 4 deload at ~60–65% before restarting slightly heavier.[26][25][21]

Accessories to raise lateral deadlift capacity

- Prioritize high-activation lateral hip and glute med work: lateral band walks, side-lying hip abduction, side plank with hip abduction, single-leg deadlifts, and lateral step-ups.[23][32]
- Add pelvis and trunk stabilizers that share the pattern: single-leg bridges, quadruped hip extensions, clamshells, and loaded carries to improve frontal-plane control and reduce back compensation under lateral deadlift loads.[24][23]

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Related

How many AMRAP sets per superset session for strength focus
Best exercise pairings for superset AMRAP blocks targeting quads
How to adjust load and rep range across AMRAP progressions
When to use AMRAP finishers versus heavy singles in a strength cycle
Optimal week to week progression for lateral deadlift variants

One to two AMRAP exposures per session, run off strong submax work, is usually enough to drive strength without trashing recovery.[34][35][36]

AMRAP dose and pairings

- For a strength-focused superset session, cap AMRAP at 1–2 sets total (e.g., last set of your main quad move, or last set of the secondary move), leaving most other sets at prescribed reps and RPE.[35][36][34]
- For quad AMRAP supersets, strong pairings include: front squat + leg press, back squat + leg extension, hack squat + walking lunge, or safety-bar squat + Bulgarian split squat, with the AMRAP on the “safer” pattern (press/extension/split squat) rather than on the axial squat.[37][38]

Load, reps, and finishers vs singles

- For strength, keep AMRAP loads around 70–85% 1RM, aiming for roughly 4–10 good reps and stopping shy of ugly grinding; when you hit the top of that range, increase base load next week and let AMRAP performance autoregulate.[39][34]

- Heavy singles are best in peaking phases (top single at ~85–92% with back-off volume) while AMRAP finishers fit better earlier in the cycle or in accumulation blocks where you want rep PRs and work capacity more than neural peak.[40][39]

Lateral deadlift progression and accessories

- Week-to-week for lateral/twin deadlifts: either add a small load bump (2.5–5%) once you can hit the top of your planned rep range for all sets, or keep load fixed and add a rep per set until you reach the cap, then increase load and drop reps back down.[35][39]
- To push lateral deadlift capacity safely, bias accessories to lateral hip and trunk stability: high-volume glute-med work (lateral band walks, side-lying abduction), single-leg hinges and step-ups, and side planks or loaded carries to stiffen frontal-plane control under load.[41][42]

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What is grinding?

Grinding is a very slow, all-out rep where the bar (or weight) keeps moving but only just barely. The rep can take several seconds, your speed drops dramatically, and you have to strain maximally to finish it while technique is close to breaking down.

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How to structure intensity and volume for a 4 week AMRAP block

Which rep ranges best transfer AMRAP work to maximal strength gains
How to pair AMRAP sets with heavy singles within the same session
How to measure fatigue and adjust AMRAP frequency for recovery
Sample superset AMRAP session focused on posterior chain strength Related
How does grinding differ from explosive reps

When is grinding beneficial for strength gains
What are injury risks of grinding lifts
How to train to improve grinding ability
Which exercises commonly involve grinder reps

Grinding and explosive reps are two different “gears” of strength expression, and a 4-week AMRAP block should mostly live just shy of true grinders while still building that gear when you want it.

4-week AMRAP block structure

- Use AMRAP as a top set after submax volume: Weeks 1–3 build volume and/or load, Week 4 deload.
- Example (main lift):
  - Week 1: 3×5 @ ~75% + 1 AMRAP @ 75% (leave 1–2 reps in reserve).
  - Week 2: 3×5 @ ~77.5–80% + 1 AMRAP @ same load.
  - Week 3: 3×3–4 @ ~80–82.5% + 1 AMRAP @ same load.
  - Week 4: 2–3×3 @ ~65–70%, no AMRAP.

Rep ranges for strength transfer

- Best transfer to maximal strength: AMRAPs in the 3–8 rep window at roughly 75–85% 1RM.
- Higher-rep AMRAPs (8–15+) are great for hypertrophy and work capacity but have less direct carryover to true 1RM than lower-rep rep-outs.

Pairing AMRAP with heavy singles

- For a strength session:
  - Work up to 1–3 heavy singles at ~85–90% (no grinders).
  - Back-off to ~75–80% for 1 AMRAP set (3–8 good reps).
- Keep the AMRAP as a back-off, not before the singles, so you do not blunt bar speed and neural output for the heavy work.

Fatigue management and AMRAP frequency

- Track: bar speed drop, rep collapse across sets, RPE drift (same load feeling much harder), and next-day joint/tendon irritation.
- If performance stalls for 2+ weeks, bar speed tanks, or you feel beat up between sessions, reduce AMRAP frequency (e.g., every other week, or only on one main lift per week) or tighten effort (leave 1–2 reps in reserve instead of going to the limit).

Sample posterior-chain AMRAP superset

- A1: Conventional or trap-bar deadlift – 3×3–5 @ ~80%, no AMRAP.
- A2: Romanian deadlift – 3×6–8 @ ~70–75%, last set AMRAP (stop when speed and back position start to drift).
- B1: Hip thrust – 3×8–10.
- B2: Back extension or reverse hyper – 3×10–15, optional AMRAP on the last set.

Grinding vs explosive reps

- Grinding: very slow, near-maximal effort reps where bar speed drops dramatically and each inch of ROM takes sustained strain to complete.
- Explosive: submaximal or well-controlled heavy reps moved with high intent and much higher bar speed while technique stays crisp throughout the rep.

When grinding helps and when it risks injury

- Beneficial when:
    - Peaking for maximal strength, occasionally exposing yourself to tough but controlled near-limit reps.
    - Building confidence under heavy loads and learning to keep technique together when the rep does not fly.
- Risky when:
    - Grinding becomes frequent (multiple sets, multiple sessions per week).
    - Technique degrades: spinal flexion under heavy loads, knee cave, twisting, or hitching, which can overload joints and soft tissues.

Training to improve grinding ability

- Use heavy but controlled work just shy of failure: top singles at ~85–90%, then small-rep AMRAPs (3–5 reps) at 75–85%, cutting the set when bar speed slows excessively.
- Practice bracing and consistent bar path with submax heavy loads so that when a rep turns into a grind, the pattern is already automatic and you do not “search” for position mid-rep.

Lifts that commonly produce grinder reps

- Heavy barbell squats (back, front, safety-bar).
- Bench press and overhead press.
- Deadlifts of all types (especially conventional and deficit).
- Heavy rows and some strongman/odd-object lifts (yoke, carries) as you approach maximal attempts.

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Progression model for increasing AMRAP intensity over 4 weeks

Best rep ranges for converting AMRAPs into 1RM improvements
Session layout combining heavy singles and AMRAPs safely
Monitoring tools to track fatigue during AMRAP blocks
Example posterior chain superset using AMRAP sets

Use a 4-week wave where intensity and effort rise gradually while total fatigue stays manageable. Below is a compact model you can plug straight into your posterior-chain and quad work.

4-week AMRAP intensity model

- Week 1 (Intro): 3–4 straight sets at ~70–75% 1RM, then 1 AMRAP leaving 2–3 reps in reserve (RPE 7–8).

- Week 2 (Build): 3–4 sets at ~75–80%, then 1 AMRAP leaving 1–2 reps in reserve (RPE 8–9).
- Week 3 (Peak): 3–4 sets at ~80–82.5%, then 1 AMRAP that may touch a controlled grinder but you shut it down as soon as bar speed tanks (true RPE 9–9.5).
- Week 4 (Deload): 2–3 sets at ~60–70%, no AMRAP, or a single easy AMRAP where you stop with 3+ reps in reserve.

Rep ranges that drive 1RM

- For direct 1RM transfer, keep AMRAPs in roughly the 3–8 rep range with loads in the 75–85% zone.
- If your AMRAPs are regularly going past 10–12 reps, treat those sets as hypertrophy/conditioning and keep a separate lower-rep slot for strength-specific AMRAPs.

Combining heavy singles and AMRAPs

- Layout for a main lift (e.g., trap-bar deadlift):
  - Warm-ups → 1–3 heavy singles at ~85–90% (no grinders, move fast).
  - Back-off volume: 2–3×3–5 at ~75–80%.
  - Final back-off: 1 AMRAP at the same 75–80% (aim 3–8 quality reps, cut it once form or speed slips).
- That order preserves the nervous-system quality for the singles and uses the AMRAP as a “rep-PR” back-off, not a pre-fatigue.

Monitoring fatigue and adjusting AMRAP frequency

Track simple, repeatable markers across the block:

- Performance: reps or load on the AMRAP versus previous weeks (if reps or load regress for 2 consecutive weeks, you are overshooting or under-recovered).
- Bar speed and rep quality: if most working reps feel like grinders, you are going too heavy or doing AMRAPs too often.
- Subjective: morning soreness/stiffness, sleep quality, motivation, and joint/tendon irritation.

Adjustments:

- If fatigue is high, move to AMRAP every other week on that lift, or keep AMRAP weekly but stop with 2–3 reps in reserve.
- You can also keep AMRAPs only on “safer” patterns (presses, machines, RDLs) and drop them from your highest-risk axial barbell work.

Example posterior-chain AMRAP superset

Posterior-chain strength bias with one AMRAP exposure:

- A1: Trap-bar deadlift
  - Week 1: 4×4 @ ~77.5% (no AMRAP).
- A2: Romanian deadlift
  - Week 1: 3×6 @ ~70% + 1 AMRAP set at 70% (stop when you reach about 1–2 reps in reserve).

Then accessory block:

- B1: Hip thrust 3×6–8 heavy (straight sets).
- B2: Back extension or reverse hyper 3×10–15, optional AMRAP on last set in weeks 2–3 only.

Run the same skeleton for 4 weeks using the progression model above: add small load each week or push reps on the AMRAP within the 3–8 window, then deload in Week 4 before starting a new wave slightly heavier.

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How to structure a 4 week AMRAP progression plan

Weekly percentage targets for AMRAP to 1RM conversion
Rest and recovery schedule during AMRAP heavy weeks
How to pair heavy singles with AMRAPs in one session
Fatigue tracking metrics for AMRAP training blocks

A 4-week AMRAP block for strength works best as a short “wave”: intensity and effort rise for 3 weeks, then you deload and reset. Below is a compact template you can slot around your current quad and posterior-chain focus.

4-week AMRAP progression

- Week 1 – Introduction
  - Main lift: 3–4×4–6 @ ~70–75% 1RM, then 1 AMRAP at the same load leaving 2–3 reps in reserve.
  - Secondary lift: straight sets only, no AMRAP.
- Week 2 – Build
  - Main lift: 3–4×3–5 @ ~75–80%, then 1 AMRAP leaving 1–2 reps in reserve.
  - Secondary lift: optionally 1 lighter AMRAP (8–12 reps) on a “safe” pattern (machine, RDL, split squat).
- Week 3 – Peak
  - Main lift: 3–4×2–4 @ ~80–85%, then 1 hard AMRAP at the same load, stopping at the first true grinder or clear speed loss.
  - Secondary lift: no AMRAP; keep it submax to contain fatigue.
- Week 4 – Deload
  - All lifts: 2–3×3–5 @ ~60–70%, no AMRAP, or an easy AMRAP with 3+ reps in reserve.
  - Use this week to restore joints and reset performance before starting a new wave slightly heavier.

Percentage targets and rep ranges

- For direct 1RM carryover, keep strength-oriented AMRAPs in roughly:
  - Load: ~75–85% of 1RM.
  - Outcome: 3–8 reps on the AMRAP when fresh and well-paced.
- If you’re consistently going past 10–12 reps, treat those as hypertrophy sets and keep a separate, lower-rep AMRAP slot (or heavy back-off sets) for strength.

Pairing heavy singles with AMRAPs

Structure the main lift so the high-quality neural work comes first, and the AMRAP is a back-off:

- Example session (posterior-chain main lift):
  - Warm-ups → 1–3 singles @ ~85–90% 1RM, leaving at least 1 rep in reserve and avoiding ugly grinders.
  - Back-off volume: 2–3×3–5 @ ~75–80%.
  - Final back-off: 1 AMRAP @ 75–80% (aim 3–8 clean reps; end set when bar speed clearly slows or bracing starts to slip).
- Keep this combo for 1–2 main lifts per week; do not pair singles + AMRAP on every major lift in the same microcycle or you'll bury recovery.

Rest, recovery, and session layout

- In-session rest for strength AMRAPs:
  - 3–5 minutes before the AMRAP top set so you're not artificially capped by fatigue.
  - 2–3 minutes between straight sets on the main lift; 60–120 seconds on accessories.
- Weekly recovery during "heavy" weeks (2–3 with AMRAPs):
  - At least 1 full rest day per week with no hard lifting or conditioning.
  - Space lower-body AMRAP days at least 48 hours apart from your hardest running or cycling interval work.
  - Keep other days in the week biased toward either technical work, easier conditioning, or upper-body strength so systemic fatigue can clear.

Fatigue tracking for AMRAP blocks

Use simple, objective markers plus a quick subjective check-in:

- Objective
  - AMRAP "score": reps × load; if it drops two weeks in a row at the same load, you're overshooting or under-recovered.

    - Bar speed: more sets turning into grinders, or the same load feeling slow from rep 1.
    - Rep drop-off: if planned straight sets collapse (e.g., intended 4×5 becomes 5,4,3,2), you likely need more rest or a lighter wave.
- Subjective
    - Sleep quality, joint/tendon irritation, and motivation to train.
    - DOMS that lasts more than 48–72 hours regularly in the same muscles.

If fatigue markers trend negative, dial back by: cutting AMRAP to every other week on that lift; stopping AMRAP sets with 2–3 reps in reserve; or temporarily removing AMRAPs from the highest-risk patterns (heavy axial squats and pulls) and keeping them on safer variations and machines.

If you want, the next step can be a specific 4-week template built around your “twin sidewards deadlift + quad Carolyn sets + running” structure so it meshes with your current conditioning load.

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Related

Sample 4 week AMRAP microcycle with day by day plan
How to set weekly percentage targets for AMRAP to 1RM conversion
Template for pairing heavy singles and AMRAPs in one session
Signs to reduce AMRAP volume due to accumulated fatigue
Best fatigue tracking metrics and how to measure them weekly

A 4-week AMRAP block for strength works well as a simple wave: 3 weeks building stress and specificity, 1 week backing off. Below is a compact, strength-biased template that should mesh with your current heavy work.

4-week AMRAP plan and percentages

- Week 1 (Intro/Calibration)

    - Main lifts: 3–4×4–6 at about 70–75% 1RM, then 1 AMRAP at the same load, stopping with ~2–3 reps in reserve (no true grinders).
    - Goal: establish a baseline rep-PR at a moderate load, gauge where RPE actually lands.
- Week 2 (Build)
    - Main lifts: 3–4×3–5 at about 75–80% 1RM, then 1 AMRAP at the same load, stopping with ~1–2 reps in reserve.
    - Goal: push performance up (more reps or a bit more load) while still protecting bar speed and technique.
- Week 3 (Peak)
    - Main lifts: 3–4×2–4 at about 80–85% 1RM, then 1 AMRAP at the same load, allowing one controlled grinder but ending the set as soon as bar speed clearly tanks or position starts to drift.
    - Goal: heaviest AMRAP of the wave, in the 3–8 rep window, setting your best rep-PR for later 1RM estimation.
- Week 4 (Deload)
    - Main lifts: 2–3×3–5 at about 60–70% 1RM, no AMRAP (or 1 easy AMRAP with 3+ reps in reserve).
    - Goal: reduce fatigue while maintaining movement pattern, then start the next wave 2.5–5% heavier.

For converting AMRAPs to 1RM estimates, keep strength-oriented AMRAPs in roughly the 3–8 rep range at 75–85%; that corridor gives the most useful rep-PRs for estimating and driving 1RM without turning the set into pure conditioning.

Heavy singles + AMRAP in one session

Use singles for neural quality and positioning, AMRAP as a back-off for volume and rep-PRs:

- Main lift structure (per session)
    - Warm-ups.

    - Heavy singles: 1–3×1 at about 85–90% 1RM, all fast and technically clean (no all-out grinders).
    - Back-off volume: 2–3×3–5 at about 75–80% 1RM.
    - Final back-off AMRAP: 1×AMRAP at 75–80% (aim 3–8 good reps, shut it down at the first clear speed loss or bracing leak).
- Use this pairing on 1–2 key lifts per week (e.g., one squat-dominant, one hinge-dominant day); on other days, keep it to straight sets or lighter AMRAPs only.

Sample 4-day AMRAP microcycle (strength bias)

Here's a simple weekly layout you can run for each of the 4 weeks, changing only the percentages and how hard the AMRAP is according to the wave above:

- Day 1 – Squat emphasis
    - Back squat: singles + back-offs + 1 AMRAP as outlined.
    - Second quad pattern (front squat, leg press, hack): 3–4×6–10, no AMRAP or only a light one in Week 2.
    - Accessories (hamstrings, core) 2–3×8–15 each.
- Day 2 – Upper push/pull
    - Bench or incline press: same singles + AMRAP structure.
    - Row/vertical pull: 3–4×6–10.
    - Assistance (triceps, upper back) 2–3×8–15.
- Day 3 – Posterior chain / hinge
    - Trap-bar or conventional deadlift: singles + back-offs + 1 AMRAP.
    - RDL or good morning: 3–4×6–8, AMRAP only in Week 2 if desired.
    - Hip thrust/back extension, plus trunk work.
- Day 4 – Optional secondary lower or full body
    - Lighter variations (front squat, safety-bar, split squats, swings) in moderate rep ranges (6–10), no heavy AMRAP; this day stays submax across all 4 weeks.

Rest days or easy conditioning can sit between Day 2 and Day 3, and after Day 4.

Rest, recovery, and fatigue signs

In-session and weekly recovery are what make the wave sustainable:

- In-session rest
    - 3–5 minutes before any heavy AMRAP or near-limit set.
    - 2–3 minutes between straight working sets for main lifts.
    - 60–120 seconds for accessories.
- Weekly rest
    - At least 1 full rest day, ideally 2, per week.
    - Keep high-impact conditioning (hard runs, sprints) 24–48 hours away from the heaviest lower-body AMRAPs.

Key signs to reduce AMRAP volume or tighten effort:

- AMRAP performance dropping at the same load for 2 weeks in a row.
- More and more reps turning into true grinders; bar speed feels slow from the first work set.
- Needing to cut work sets short because joints, tendons, or low back feel sketchy rather than just muscularly fatigued.
- Persistent DOMS >48–72 hours in the same muscle groups or a noticeable drop in motivation/sleep quality.

When those show up, first step is to keep the same load but stop AMRAPs with 2–3 reps in reserve, or move AMRAPs to every other week on that lift; if needed, drop the AMRAP entirely for a week and keep only straight sets at 70–80%.

Weekly fatigue tracking metrics

Use simple, repeatable metrics so you can see trends:

- Performance metrics
    - AMRAP “score” (reps × load) on each main lift, logged weekly.
    - Number of reps completed at a given percentage before speed or form breaks.
- Subjective metrics (1–10 scale)

    - Session RPE for the final AMRAP.
    - Morning fatigue, soreness, and joint comfort.
    - Motivation to train.
- Technical metric
    - Count how many reps in the top set were clear grinders versus fast, clean reps; more grinders = dial back.

Log these once per week; if 2–3 of these categories trend worse together, adjust by reducing AMRAP frequency, raising reps-in-reserve, or taking an earlier deload.

If you want, the next step can be a very specific 4-week spreadsheet-style layout with exact percentages and slots for your twin sidewards deadlift and quad “Carolyn” sets.

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How to adjust AMRAP rep targets across 4 weeks

Think of AMRAP rep targets as having a floor, a ceiling, and a planned shift in difficulty over the 4 weeks, rather than trying to “hit” one magic number each time.

Basic 4-week pattern

- Week 1: Moderate load and easy AMRAP
    - Target: land in about 6–8 reps, and stop with 2–3 reps still in the tank (no grinders).
    - Use this week to calibrate: if you accidentally hit 10+, the load is too light for strength; if you only get 3–4, it is too heavy.
- Week 2: Same or slightly heavier load, harder AMRAP
    - Aim: 5–7 reps, stopping with 1–2 reps in reserve.
    - If you beat Week 1 (more reps at same load, or same reps at slightly higher load), you are on track.

- Week 3: Highest intensity, tight rep window
    - Aim: about 3–6 reps, where the last rep might be a controlled grind but form is still solid.
    - If you exceed the top of this window with good technique, increase the training max next block; if you fall below it, hold the loads steady next block.
- Week 4: Deload / easy AMRAP or none
    - Option A: no AMRAP, just straight sets at 60–70%.
    - Option B: very easy AMRAP where you deliberately stop with 3+ reps in reserve, treating it more as a bar-speed and technique check than a test.

Using floors and ceilings

- Set a *target* and a *ceiling* for each week, not just “go to death”:
    - For example, Week 2 at a given percentage: target 5 reps, ceiling 8.
    - If you only hit the target, you’re at the lower end of progress; if you approach the ceiling with clean form, you’re primed to bump load next cycle.
- Once you hit the ceiling, stop the set even if you “could” force more; those extra reps are usually just junk fatigue.

How to tweak mid-block

- If you consistently overshoot (always hitting the ceiling or beyond easily):
    - Increase load a bit (2.5–5%) the following week but keep the same nominal rep target window.
- If you consistently undershoot (cannot hit the lower end of the target range):
    - Keep the load the same for another week and focus on cleaner singles/back-offs, or slightly reduce the load and stay within the original rep window.
- If you want to bias strength more:
    - Shift all targets 1–2 reps lower (e.g., 5–7 → 3–5, 3–6 → 2–4) and keep effort high but avoid repeated all-out grinders.

If you tell approximate 1RM and a specific lift (e.g., twin sidewards deadlift or Carolyn quad set), a fully worked example can be given with exact rep targets and loads for all 4 weeks.

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How to set weekly intensity percentages for AMRAPs vs 1RM

Set AMRAP percentages as a *range* tied to how many reps you expect, and wave them over 3 “harder” weeks plus 1 easier week.

Key principles

- Use a training max (e.g., 90% of true 1RM) to base percentages on, so AMRAPs aren’t suicidal.
- For strength, AMRAP loads usually live around 70–85% of *true* 1RM, with 3–8 reps as the sweet spot for 1RM carryover.

Simple 4-week percentage wave (strength focus)

Assume percentages are of your *training max* (TM = about 90% of tested 1RM):

- Week 1 – Intro / calibration
  - Working sets: 3–4×4–6 @ 70–75% TM.
  - AMRAP set: 70–75% TM, stop with ~2–3 reps in reserve (RPE ~7–8).
  - Expected AMRAP reps: ~6–10.
- Week 2 – Build
  - Working sets: 3–4×3–5 @ 75–80% TM.
  - AMRAP set: 75–80% TM, stop with ~1–2 reps in reserve (RPE ~8–9).
  - Expected AMRAP reps: ~5–8.
- Week 3 – Peak

    - Working sets: 3–4×2–4 @ 80–85% TM.
    - AMRAP set: 80–85% TM, allow one controlled grinder, end when bar speed clearly drops (RPE 9–9.5).
    - Expected AMRAP reps: ~3–6.
- Week 4 – Deload
    - Working sets: 2–3×3–5 @ 60–70% TM.
    - AMRAP: either none, or 1 easy rep-out at 60–70% TM, stop with ≥3 reps in reserve.
    - Goal is freshness, not a PR.

Relating AMRAP % to 1RM work

- For direct 1RM transfer:
    - Use AMRAPs mostly in the 75–85% *true* 1RM window, finishing in 3–8 reps.
- Heavier 1–3 rep work (85–92%+) is best done as singles/doubles with *fixed* reps (no AMRAP) and used *before* your AMRAP back-off, e.g.:
    - 1–3×1 @ 85–90% 1RM, then 1×AMRAP @ 75–80% TM.

How to tweak percentages

- If AMRAP reps are always high (e.g., >8 at 80–85% TM), your TM is probably too light; increase TM 2.5–5% next wave.
- If you routinely miss the lower end of the expected rep range, lower TM slightly or repeat the same percentages for another 4-week wave.
- Use RIR/RPE as a safety check: even at Week-3 percentages, you shouldn't live at true 0-RIR grinders; most AMRAPs should still leave *at least* 1 rep in reserve on average across the block.

If you give a specific lift and current best single, a concrete table with exact weights for each week and AMRAP can be laid out next.

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How to convert RPE and RIR into AMRAP percentage targets

Weekly progression plan for AMRAPs for intermediate lifters
AMRAPs vs heavy singles how to balance in a weekly cycle
Adjusting AMRAP intensity when using training max percentages
Signs to deload AMRAPs based on performance and fatigue metrics

Use RPE/RIR to choose a *band* of percentages rather than one fixed number. RPE, RIR, and %1RM all describe intensity; you just need a translation that's good enough and then autoregulate from performance.

Converting RPE and RIR to %1RM for AMRAP

- Basic relationship: RPE and RIR are mirrors.
  - RPE 10 ≈ 0 RIR (max effort).
  - RPE 9 ≈ 1 RIR.
  - RPE 8 ≈ 2 RIR, etc.[117][118]
- Rough %1RM mapping for strength-style AMRAPs (compound barbell lifts):
  - About 3 reps @ 0 RIR ≈ 92–93% 1RM.
  - About 5 reps @ 0 RIR ≈ 86–87% 1RM.
  - About 8 reps @ 0 RIR ≈ 79–80% 1RM.[119]
- Rule of thumb per extra rep in reserve:
  - Each +1 RIR at the *same* rep count ≈ 2–3% lighter.
  - Example: 5 reps @ 0 RIR ≈ 86–87%; 5 reps @ 2 RIR ≈ ~80–82%.[119]

So if you want an AMRAP at RPE 8 (≈2 RIR) for ~6 reps, pick a load you could *just* do 6–8 reps with and still have 2 in the tank; percentage-wise that tends to be around the low-80s %1RM.

Weekly progression plan for intermediates

For a 4-week wave on a main lift (percentages of *true* 1RM or of a slightly lower "training max"):

- Week 1 – Easier AMRAP, RPE 7–8 (2–3 RIR)
  - Working sets: 3–4×4–6 @ ~70–75%.
  - AMRAP: same %; expect ~6–10 reps; stop with 2–3 RIR.
- Week 2 – Moderate AMRAP, RPE 8–9 (1–2 RIR)
  - Working sets: 3–4×3–5 @ ~75–80%.
  - AMRAP: 75–80%; expect ~5–8 reps; stop with 1–2 RIR.
- Week 3 – Hardest AMRAP, RPE 9–9.5 (0–1 RIR, no ugly grinders)
  - Working sets: 3–4×2–4 @ ~80–85%.
  - AMRAP: 80–85%; expect ~3–6 reps; end at first obvious speed loss/technique drift.
- Week 4 – Deload, RPE 6–7 (3+ RIR)
  - Working sets: 2–3×3–5 @ ~60–70%.
  - AMRAP: optional, light, with ≥3 RIR (or no AMRAP at all).

Use the Week-3 AMRAP performance (reps at a known %1RM) to re-estimate 1RM and adjust the “training max” for the next 4-week wave.[120][119]

Balancing AMRAPs and heavy singles weekly

For an intermediate strength block:

- Heavy singles (RPE 7.5–9, so 1–2 RIR):
  - 1–3 singles at ~85–90% 1RM on 1–2 main lifts per week.
  - These build skill at heavy loads and anchor your perception of RPE.[118][121]
- AMRAP back-offs:
  - After those singles, drop to ~75–80% for 1 AMRAP in the 3–8 rep range (RPE 8–9).
  - Do this on only one lower-body and one upper-body main lift per week to control fatigue.

Across the week that might look like:

- Day 1: Squat – singles + AMRAP; accessories no AMRAP.
- Day 2: Bench – singles + AMRAP.

- Day 3: Deadlift – singles + straight sets only.
- Day 4: Secondary work – moderate, no AMRAP.

Adjusting intensity when using a training max

If you base loads on a training max (e.g., 90% of true 1RM) and sets feel off:

- If the prescribed RPE is 8 but the set feels like 9–10:
  - Reduce next sets by 2.5–5% or treat this microcycle as “Week 3” and deload earlier.[122][123]
- If the prescribed RPE is 8 but it feels like 6–7 with extra reps available:
  - Either add a small amount of weight (2.5–5%) on the fly, or keep the load and deliberately push the AMRAP one rep further next week.
- Over several weeks, if all AMRAPs feel too easy (high reps at high %), increase the training max 2.5–5%; if all feel too hard, drop the training max a bit and repeat the wave.[124][122]

Signs to deload AMRAPs

Use both performance and subjective metrics:

- Performance signs
  - AMRAP “score” (reps × load) dropping for 2 consecutive exposures at the same percentage.
  - Technical breakdown or grinders showing up earlier in the set than usual (e.g., rep 3 instead of 5–6).
- Subjective and recovery signs
  - Persistent joint/tendon irritation, not just muscle soreness.
  - Sleep and motivation trending down for a week or more.
  - Session RPE much higher than expected for the same prescription (e.g., what should be RPE 8 feels like a 9–10 repeatedly).[123][118]

When multiple signs line up, back off by:

- Removing AMRAP sets for 1–2 weeks (keep only straight sets at 65–75%).
- Or keeping AMRAPs but enforcing 3 RIR (RPE 7) and lowering % by 5–10%.

If you want, you can share one specific lift and best recent single, and a concrete table can be built with exact RPE, estimated RIR, and % targets for each week.

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